

FIG. 1

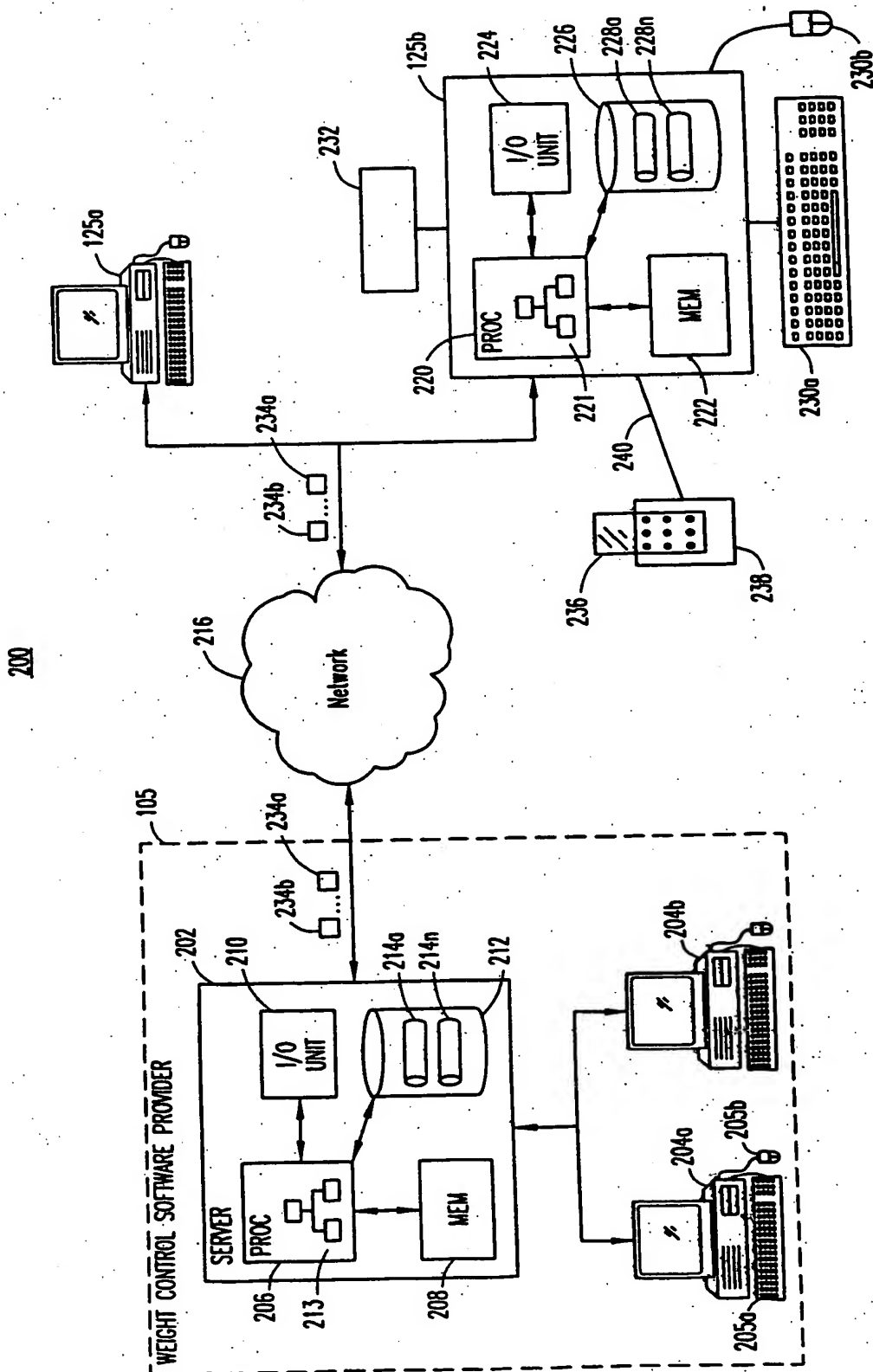


FIG. 2

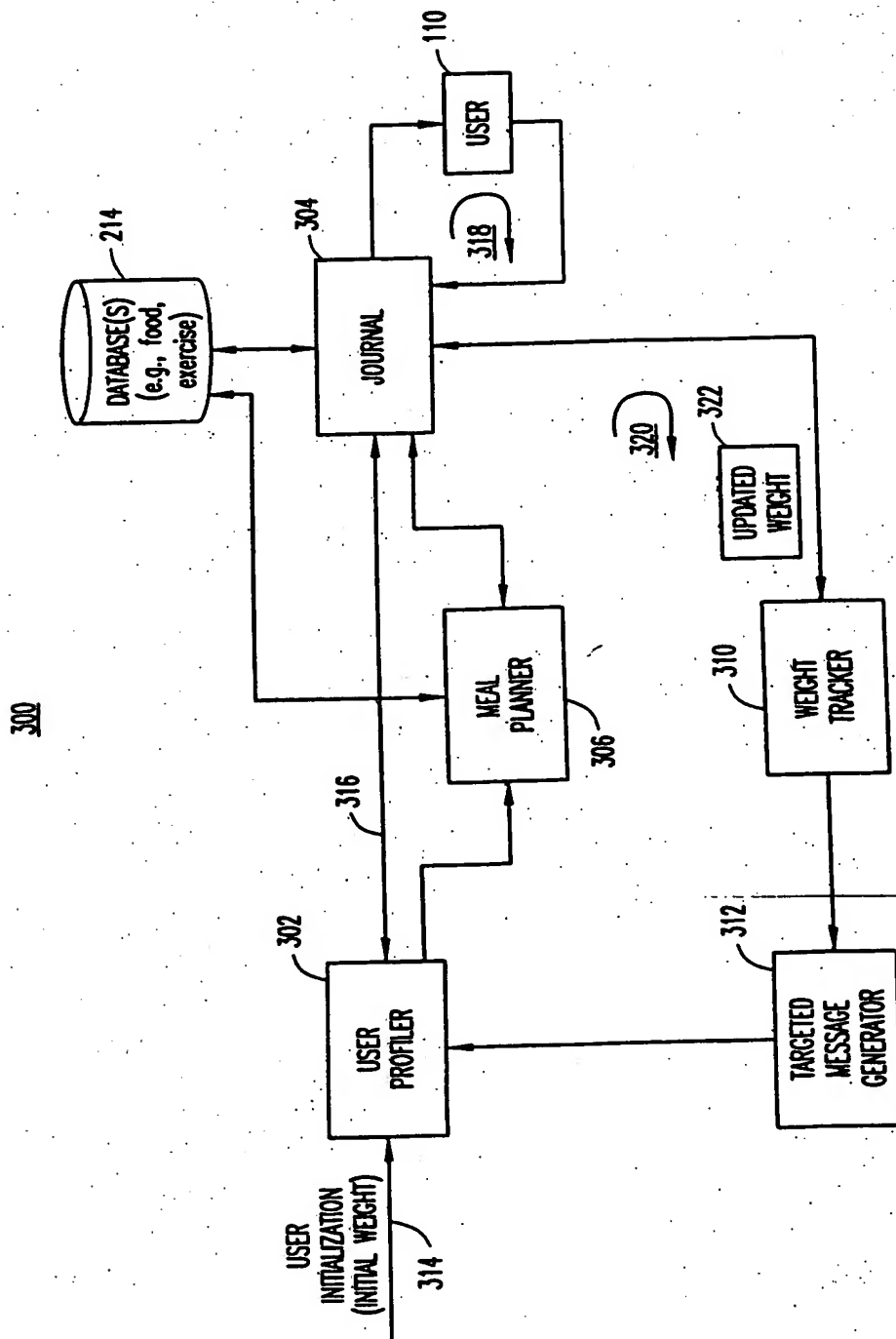


FIG. 3

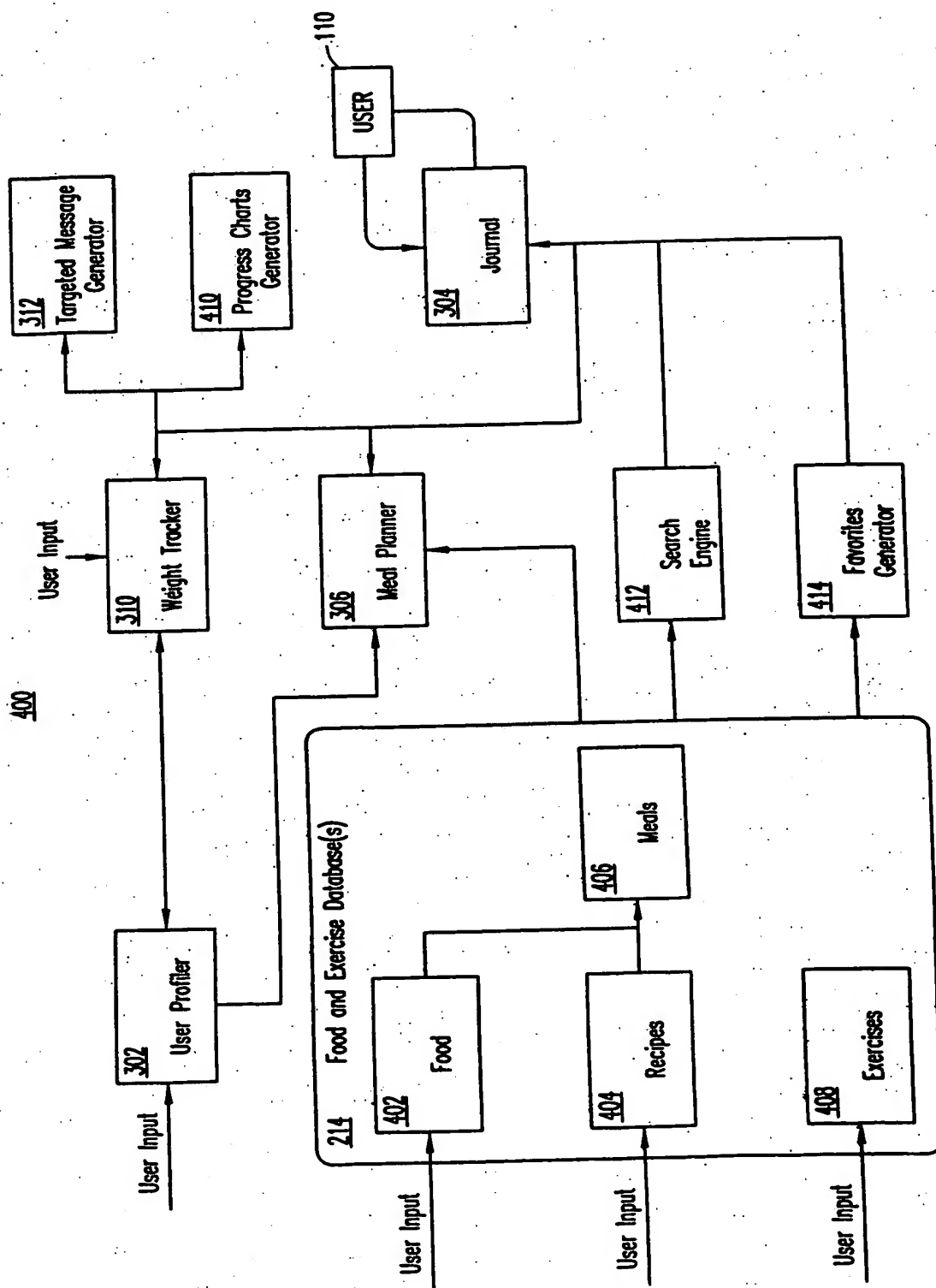


FIG. 4

FIG. 5

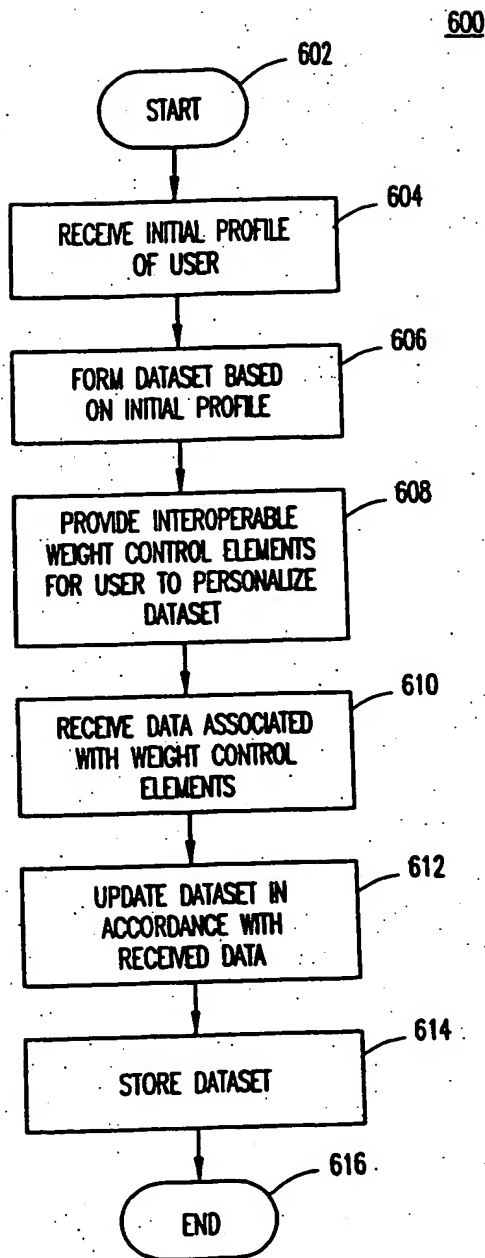


FIG. 6

7/28

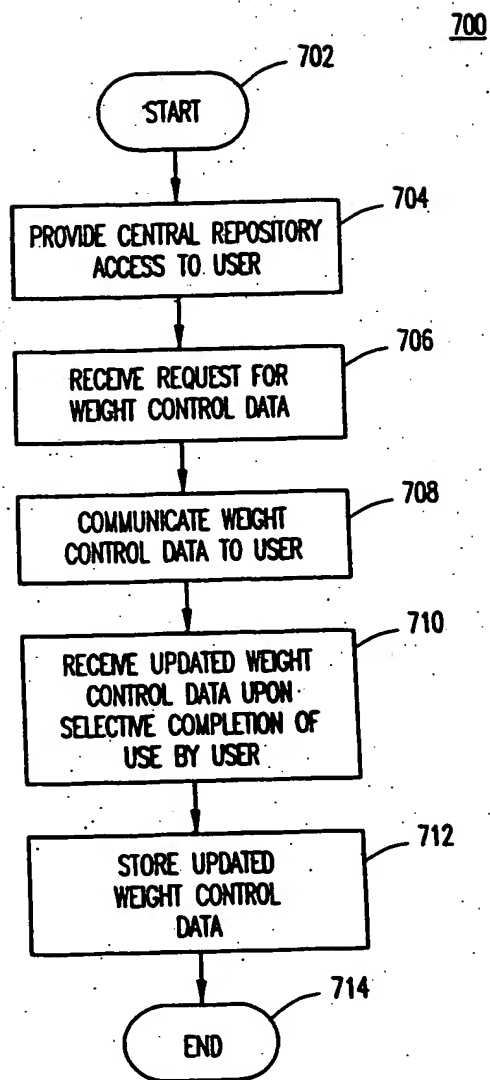


FIG. 7

8/28

806 home **the plan** community success stories food & recipes healthy life fitness just for me shop 804 **panic**

802 find a meeting about us my profile site map help LOGIN

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS[®] Calculators | Assessment | Tools for Living 808

826

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

810

Make changes to Weight Information

<p>Personal Information</p> <p>First name: John Last name: Smith Address: 1 MAIN ST. City: Anytown State: NY Zip code home: 12345 Zip code work: 12346 Country: United States Phone: (212) 555-1234 E-mail: jsmith@workplace.com</p> <p>Receive information: No E-mail Weight Loss Progress: No E-mail Format: text Profession: Professional (e.g., doctor, lawyer) Marital status: Single Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765</p>	<p>812</p> <p>814</p> <p>814</p> <p>816</p> <p>818</p>	<p>Other Characteristics</p> <p>Altitude: Generally Happy Athletic: Yes Eye color: Blue Hair color: Brown</p> <p>Other Demographics</p> <p>Race: Caucasian Religion: Catholic Ethnicity: Irish Blood type: A+</p> <p>Health Restrictions</p> <p>None</p> <p>Desired Meal Plan Type</p> <p>Regular</p>
---	--	---

Make changes to Personal Information

Payment Information

Credit Card: Visa
Credit card number: *****1111
Expiration date: 2/2002
Name as it appears on the card: John Q Smith
Billing Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code: 12345

822

Make changes to Payment Information

Total Subscription Charges for

Monthly Fee: \$8.00 x 6 = \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

824

FIG. 8

9/28

900a

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home), and an address bar showing 'http://'. Navigation links at the top include 'find a meeting', 'about us', 'my profile', 'site map', 'help', and 'LOGOUT'.
- Navigation Menu:** A horizontal bar with links: 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A 'panic' button is also present.
- Main Content Area:**
 - my journal:** Displays the date 'Friday, Jan 25, 2002', 'Target: 27', 'Range: 22-27', and 'Bank: 3'. It includes buttons for 'print day', 'print blank journal', and 'user guide'.
 - Buttons:** 'Add Food' (904a), 'Add Exercise' (904b), 'Notes' (904c), and 'Calendar' (904d).
 - Form Fields:**
 - Step 1:** 'Select a meal time:' with radio buttons for 'Morning' (920), 'Midday', 'Evening', and 'Snack'.
 - Step 2:** 'To add food, you can either:'
 - 'Search our food database' with a text input 'loast' and a 'FIND' button.
 - 'Select a favorite:' with a dropdown 'Select from My Favorites' and an 'ADD' button.
 - 'Express it! Enter your food and its POINTS value:' with 'Food:' and 'POINTS:' text inputs and an 'ADD' button.
 - Food Log Table:**
 - DELETE CHECKED ITEMS** (918) and **SAVE & BANK** buttons.
 - Check All** (910) and **Total Food POINTS used** (24).
 - Morning Section (912):**
 - ☐ 1 medium pear(s) (916) - 1
 - ☐ 1 cup light artificially sweetened yogurt - 2
 - ☐ 1/2 cup General Mills Whole Grain Total - 1
 - ☐ 6 average almonds - 1
 - Subtotal** - 5
 - MAKE THIS MEAL A FAVORITE** button
 - Midday Section:**
 - ☐ 6 oz baked potato - 3
 - ☐ 1 oz low-fat cheddar or colby cheese - 1
 - ☐ 1/2 cup cooked broccoli - 0
 - ☐ 2 cup mixed greens - 0
 - ☐ 1 tsp olive oil - 1
 - ☐ 1 tsp vinegar - 0
 - ☐ 1 medium orange(s) - 1
 - Subtotal** - 6
 - MAKE THIS MEAL A FAVORITE** button
- Footer:** Includes a status bar with 'Internet' and a small icon.

FIG. 9

10/28

1000

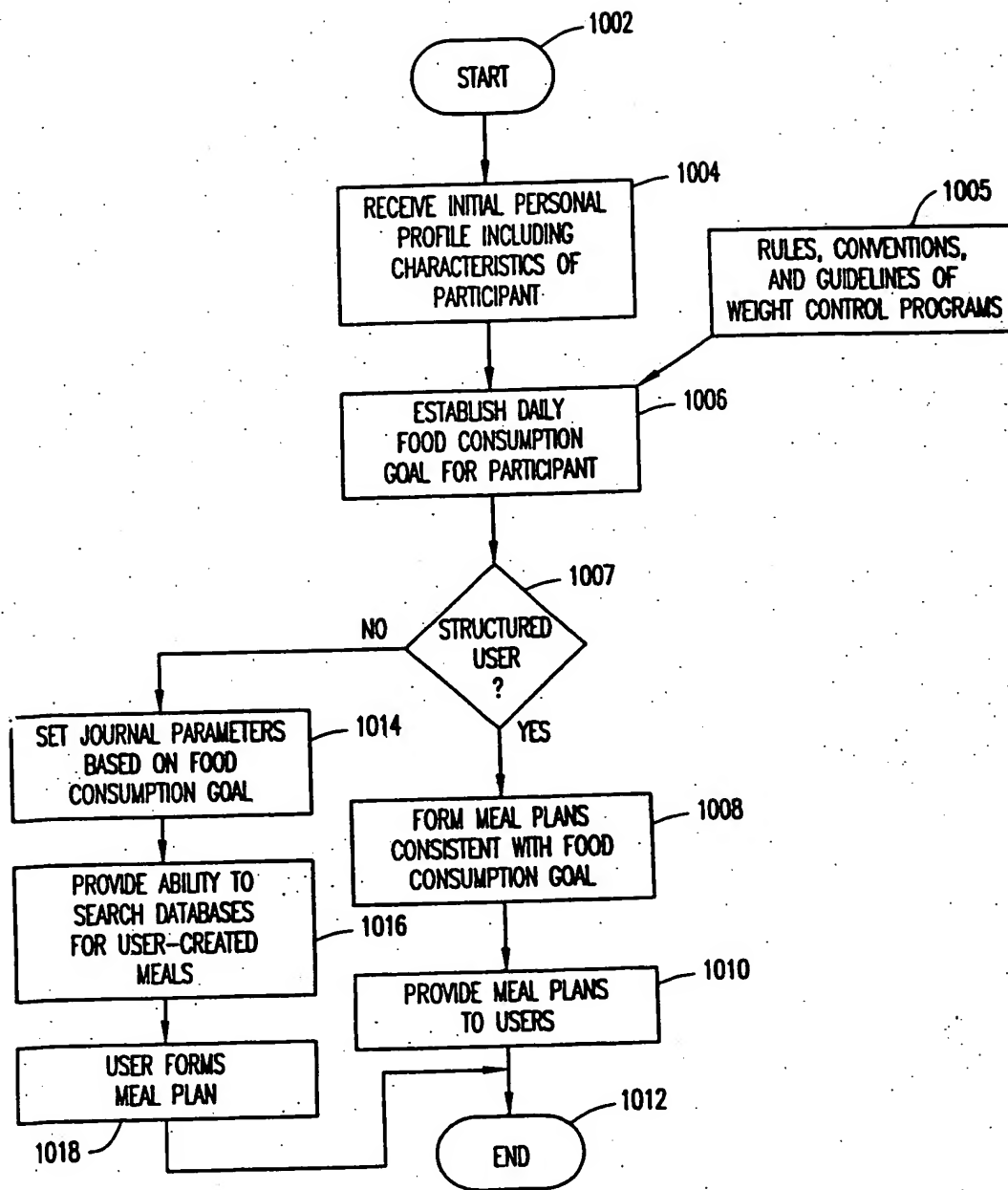


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> [find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

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my journal [Friday, Jan 25, 2002](#) [Target: 27](#) [Range: 22-27](#) [Bank: 3](#) [print day](#) [print blank journal](#) [user guide](#)

904b 906

Add Food **Add Exercise** **Notes** **Calendar**

Step 1: To add an exercise, you can either:

- Search our exercise database or [view all activities](#):
1104 1106
- Select a favorite: [Edit Favorite](#)
- Express It! Enter your food and its POINTS value:
Food: POINTS:

[POINTS Calculator](#) 1102

[Need Help? Go to the Journal User Guide](#) [Find tips from others on the eTools Tip Exchange](#)

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

12/28

900c

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

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my journal • Friday, Jan 25, 2002 • Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#)

914

906

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:
☒ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:
☒ Search our food database
☒ Select a favorite:
☒ Express It! Enter your food and its POINTS value:
Food: POINTS:
☒ POINTS Calculator

[Need Help? Go to the Journal User Guide.](#) [Find tips from others on the eTools Tip Exchange](#)

☒ Calculate POINTS for recipes and food combos (e.g., coffee, milk & sugar)
☒ View your meal plans

1202

DELETE CHECKED ITEMS [SAVE & BANK](#)

☐ Check All Total Food POINTS used 24

Morning
☒ 3 slice(s) crisp cooked bacon 4
☒ 2 large fried egg(s) 5
 Subtotal 9

Midday
☒ 1 small serving(s) cooked lean beef steak 7
☒ 1 cup(s) fruit salad 2
 Subtotal 9

Evening
Subtotal 0

Snack
Subtotal 0

1102 Total Food POINTS used 18
Total Food POINTS left for today 9

Exercise
☒ 60 min jogging 7
Total Activity POINTS earned 7

Check off daily on these important items
Water 1204 ☒ Multivitamin Supplement
☒ Fruits & Vegetables 1206 ☐ Milk & Milk Products
☒ ☒

DELETE CHECKED ITEMS [SAVE & BANK](#)

Internet

FIG. 12

900d

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) LOGOUT

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [ponic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS[®] Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my journal [Friday, Jan 25, 2002](#) Target: 27 Range: 22-27 Bank: 0 [print day](#) [print blank journal](#) [user guide](#)

914

904d

906

Add Food Add Exercise Notes Calendar

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

Today's date

The journal day you are viewing

Your scheduled weight tracking day

journal is complete: POINTS are banked!

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [eToots Tip Exchange](#)

DELETE CHECKED ITEMS

SAVE & BANK

☐ Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

MAKE THIS MEAL A FAVORITE Subtotal 9

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

MAKE THIS MEAL A FAVORITE Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

Internet

FIG. 13

14/28

1400 806e find a meeting | about us | my profile | site map | help LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Articles | Recipes | Meal Plans | Recipe Renovation | Recipe Search | Recipe Builder

my shortcuts to weight loss tools. LOGOUT

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meal plans

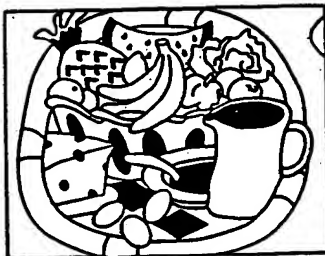
my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide.

view next week's plan see Daily View print

Jan 23 - Jan 29

add plan to my journal



	POINTS
<input checked="" type="checkbox"/> THURSDAY	23
<input checked="" type="checkbox"/> MORNING: Almond Apricot Flakes	6
<input checked="" type="checkbox"/> MIDDAY: Turkey Roll	5
<input checked="" type="checkbox"/> EVENING: Orange-Lemon Scallops	7
<input checked="" type="checkbox"/> SNACK: Throughout the Day	5

	POINTS
<input checked="" type="checkbox"/> SATURDAY	24
<input checked="" type="checkbox"/> MORNING: From the Coffee Shop	5
<input checked="" type="checkbox"/> MIDDAY: Grilled Swordfish	6
<input checked="" type="checkbox"/> EVENING: Indian Take-Out	8
<input checked="" type="checkbox"/> SNACK: On the Go	5

	POINTS
<input checked="" type="checkbox"/> MONDAY	23
<input checked="" type="checkbox"/> MORNING: Apricot Yogurt Sundae	5
<input checked="" type="checkbox"/> MIDDAY: Super Salad	6
<input checked="" type="checkbox"/> EVENING: Quick Bite Before	7
<input checked="" type="checkbox"/> SNACK: Crunchy Snacks	5

	POINTS
<input checked="" type="checkbox"/> WEDNESDAY	23
<input checked="" type="checkbox"/> MORNING: Cheese Omelet	6
<input checked="" type="checkbox"/> MIDDAY: Veggie Chili	5
<input checked="" type="checkbox"/> EVENING: Apricot Turkey Br.	7
<input checked="" type="checkbox"/> SNACK: Snacks and Treats	5

	POINTS
<input checked="" type="checkbox"/> FRIDAY	24
<input checked="" type="checkbox"/> MORNING: Yogurt Topped Fruit	5
<input checked="" type="checkbox"/> MIDDAY: Cheese & Broc.	6
<input checked="" type="checkbox"/> EVENING: Spicy Pork Soup	8
<input checked="" type="checkbox"/> SNACK: Savory Snacks	5

	POINTS
<input checked="" type="checkbox"/> SUNDAY	24
<input checked="" type="checkbox"/> MORNING: Raisin Nut Flakes	6
<input checked="" type="checkbox"/> MIDDAY: Turkey Sandwich w.	5
<input checked="" type="checkbox"/> EVENING: Baked Beef Fajita	8
<input checked="" type="checkbox"/> SNACK: Sweets and Treats	5

	POINTS
<input checked="" type="checkbox"/> TUESDAY	24
<input checked="" type="checkbox"/> MORNING: Apple-Almond Topp.	6
<input checked="" type="checkbox"/> MIDDAY: Bacon & Grill	5
<input checked="" type="checkbox"/> EVENING: Turkey-Squash St.	8
<input checked="" type="checkbox"/> SNACK: Sweet and Salty S.	5

add plan to my journal

view next week's plan see Daily View print

need help?

Learn more and answer questions in our meal plan user guide.

- meal plan user guide
- meal planner profile
- Plan for Me-Plan
- Special diet/Regular
- POINTS range 22-27
- edit meal plan profile
- about meal plans

FIG. 14

my shortcuts
to weight loss tools.

LOGOUT

Welcome Kevin!
I'm not Kevin? [edit profile](#)
[Pick my avatars!](#)

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meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#) 1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- ☐ 3 medium egg white(s) 1
- ☐ 1 tsp basil 0
- ☐ 1 oz low-fat cheddar or colby cheese 1
- ☐ 1 slice high-fiber bread 1
- ☐ 1 cup canned fruit cocktail, packed in water 1
- ☐ 1 cup low-fat milk 2

1502

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- ☐ 1 cup Health Valley Mild Vegetarian Chili 2
- ☐ 1 cup fresh vegetable sticks 0
- ☐ 1 Tbsp reduced-calorie salad dressing 1
- ☐ 1 cup grapes 1
- ☐ 1 slice toasted wheat bread 1
- ☐ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ EVENING:

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- ☐ 4 oz boneless, skinless turkey breast(s) 3
- ☐ 1 Tbsp apricot jam 1
- ☐ 1 tsp ground ginger 0
- ☐ 3/4 medium acorn squash 2
- ☐ 1/8 tsp ground cinnamon 0
- ☐ 1 Tbsp light butter 1
- ☐ 1 1/2 cup green snap beans 0

☒ SNACK:

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- ☐ 1 cup 0-POINT soup 0
- ☐ 1 cup fresh vegetable sticks 0

need help?

[Learn more and answer questions in our meal plan user guide.](#)

[meal plan user guide](#)

[meal planner profile](#)

[Plan for Me-Plan](#)

[Special diet/Regular](#)

[POINTS range/22-27](#)

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1500b

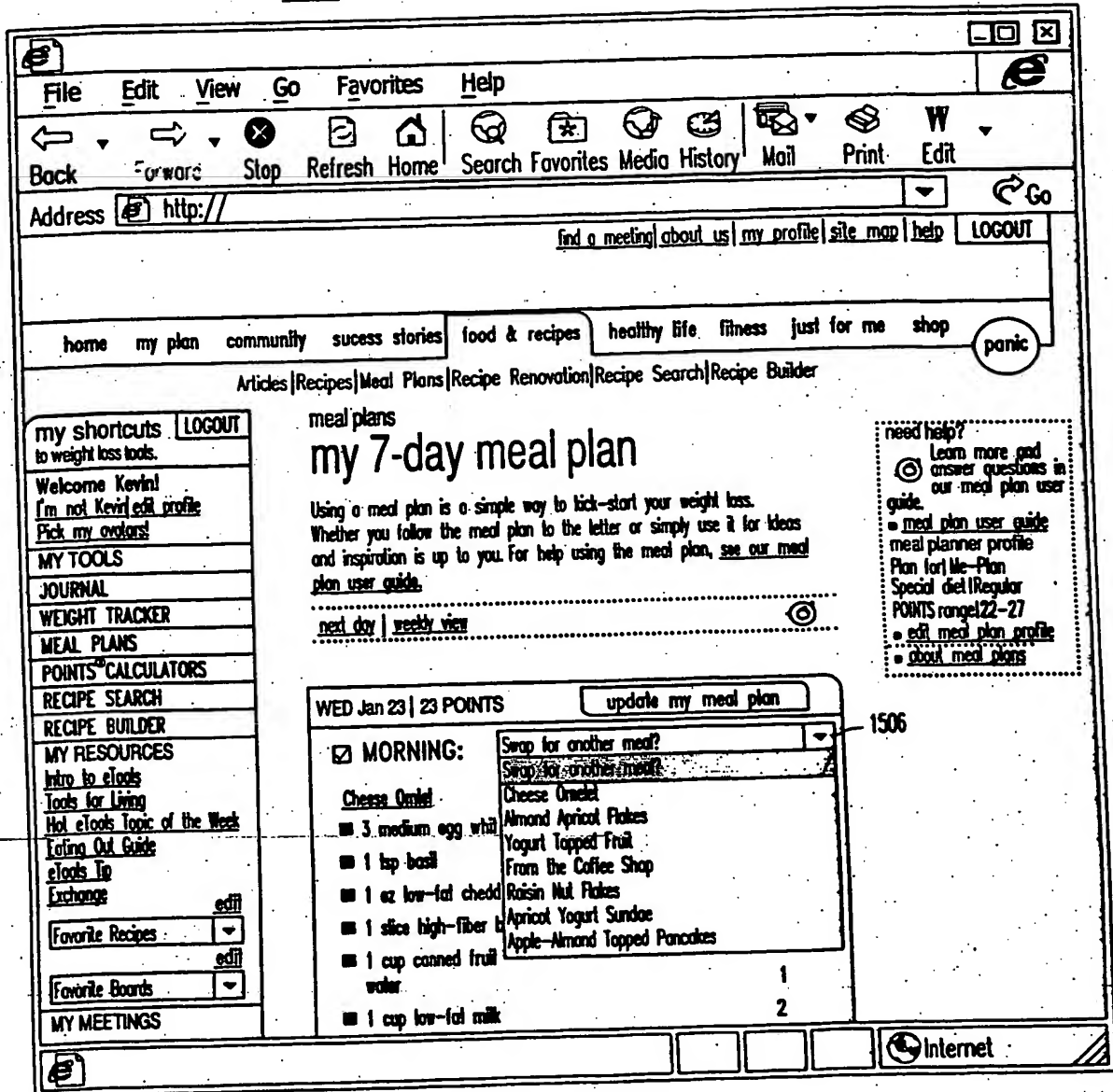


FIG. 15B

900e

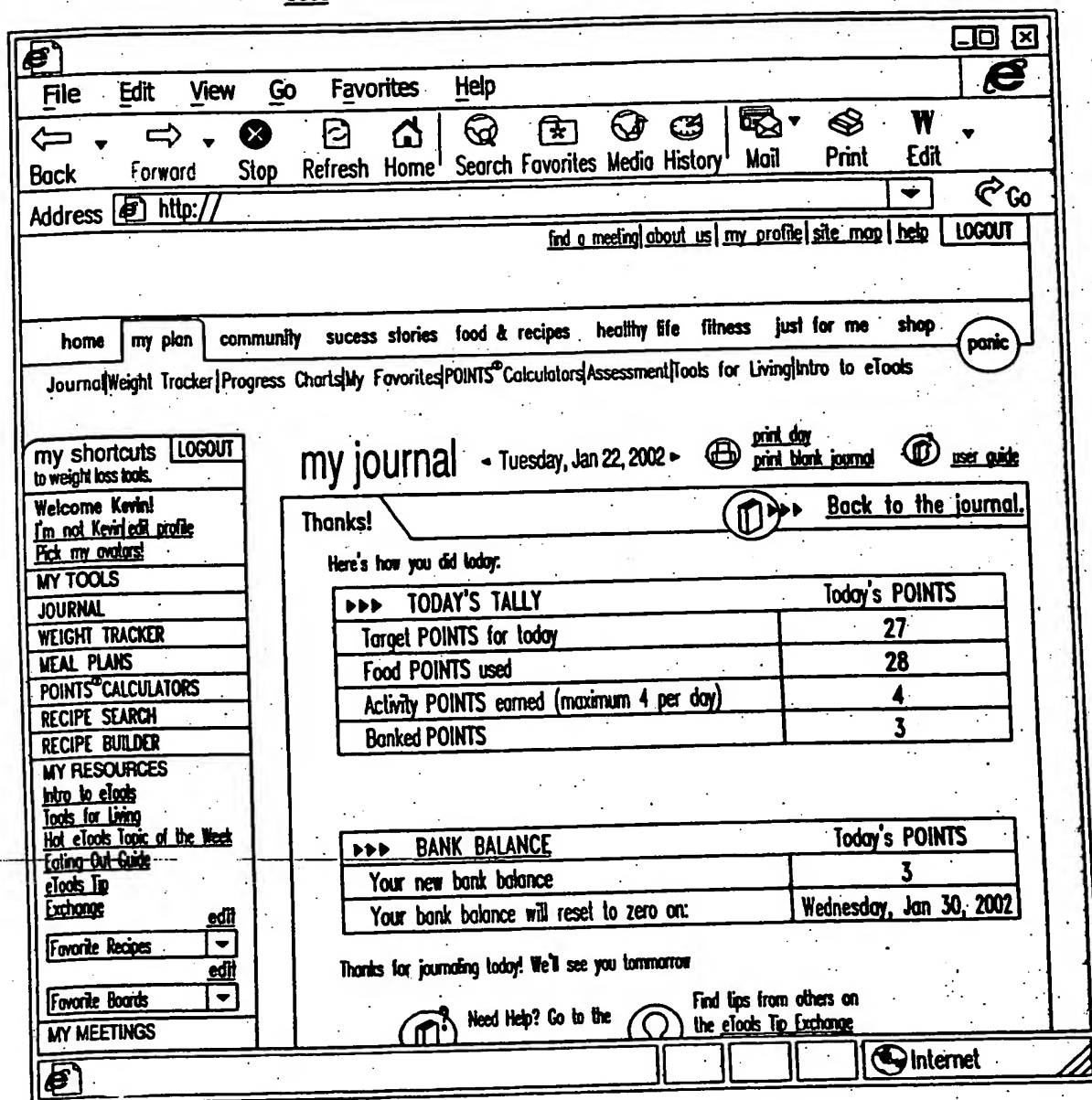


FIG. 16A

900f

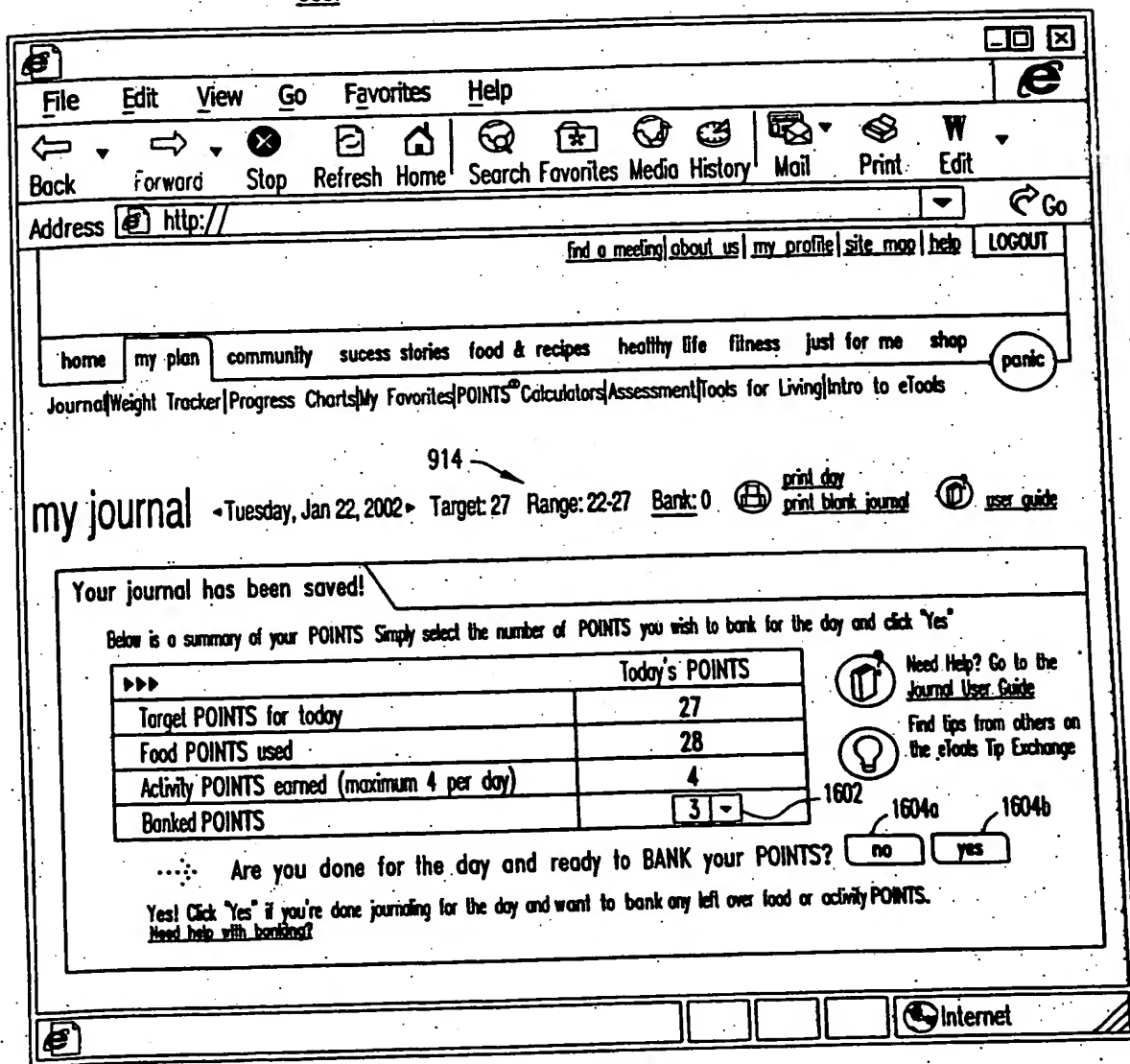


FIG. 16B

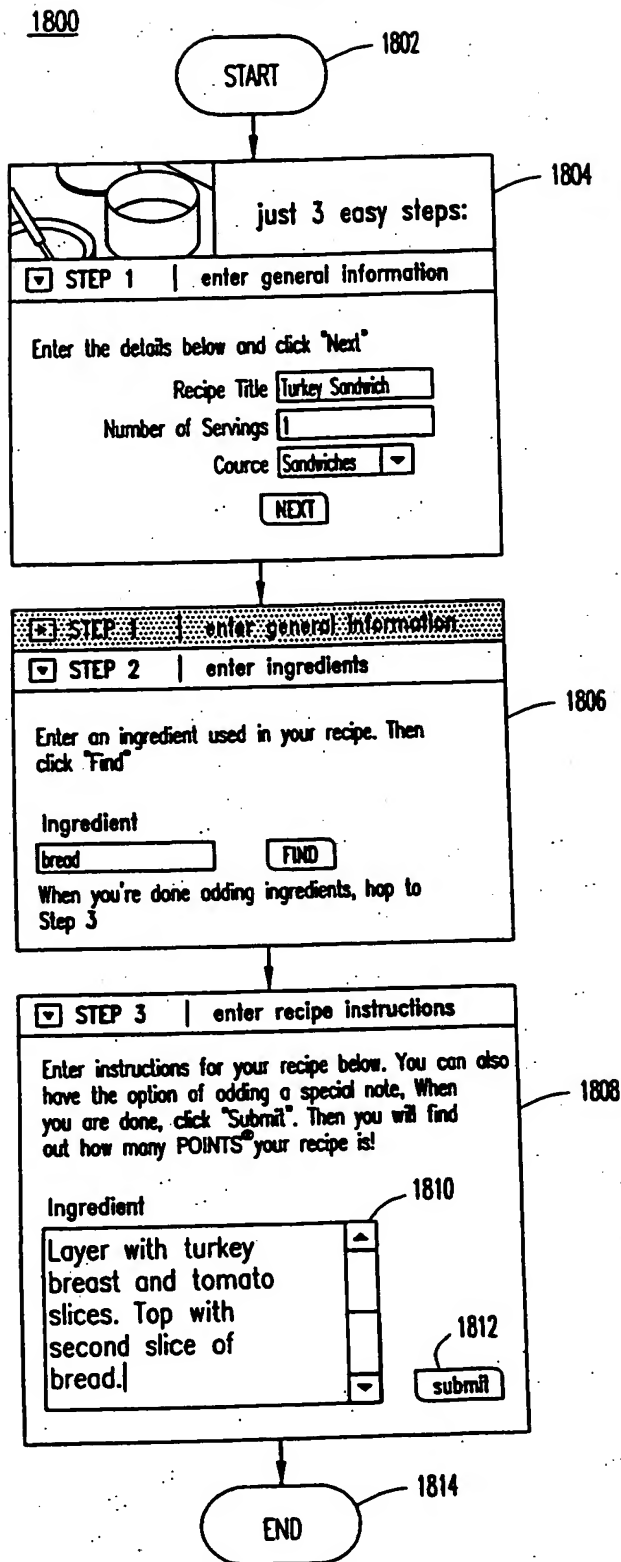


FIG. 18

806b

1900

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home | my plan | community | success stories | food & recipes | healthy life | fitness | just for me | shop

panic

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7/5/2002 | [edit](#)

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weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones: 5

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on [Tales from the Scale](#)

ENTER PREVIOUS WEIGHT

health & safety

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

[What's your BMI](#)

[Effects of Rapid Weight Loss](#)

getting to weight goal

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

[18 Ways to Reward Yourself](#)

[Create a Motivating Strategy](#)

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

[The Great Weigh-In](#)

[20 Weight Loss Tips \(from Real Meeting Goers!\)](#)

weight loss profile

[Main](#)

[View & Edit Weights](#)

[Enter Previous Weights](#)

[Additional Information](#)

Starting weight: 223

10% difference: 200.7

Weight goal: 150.9

Weight lost: 2

[Edit My Profile](#)

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries. Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

[Change your country](#)

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FIG. 19

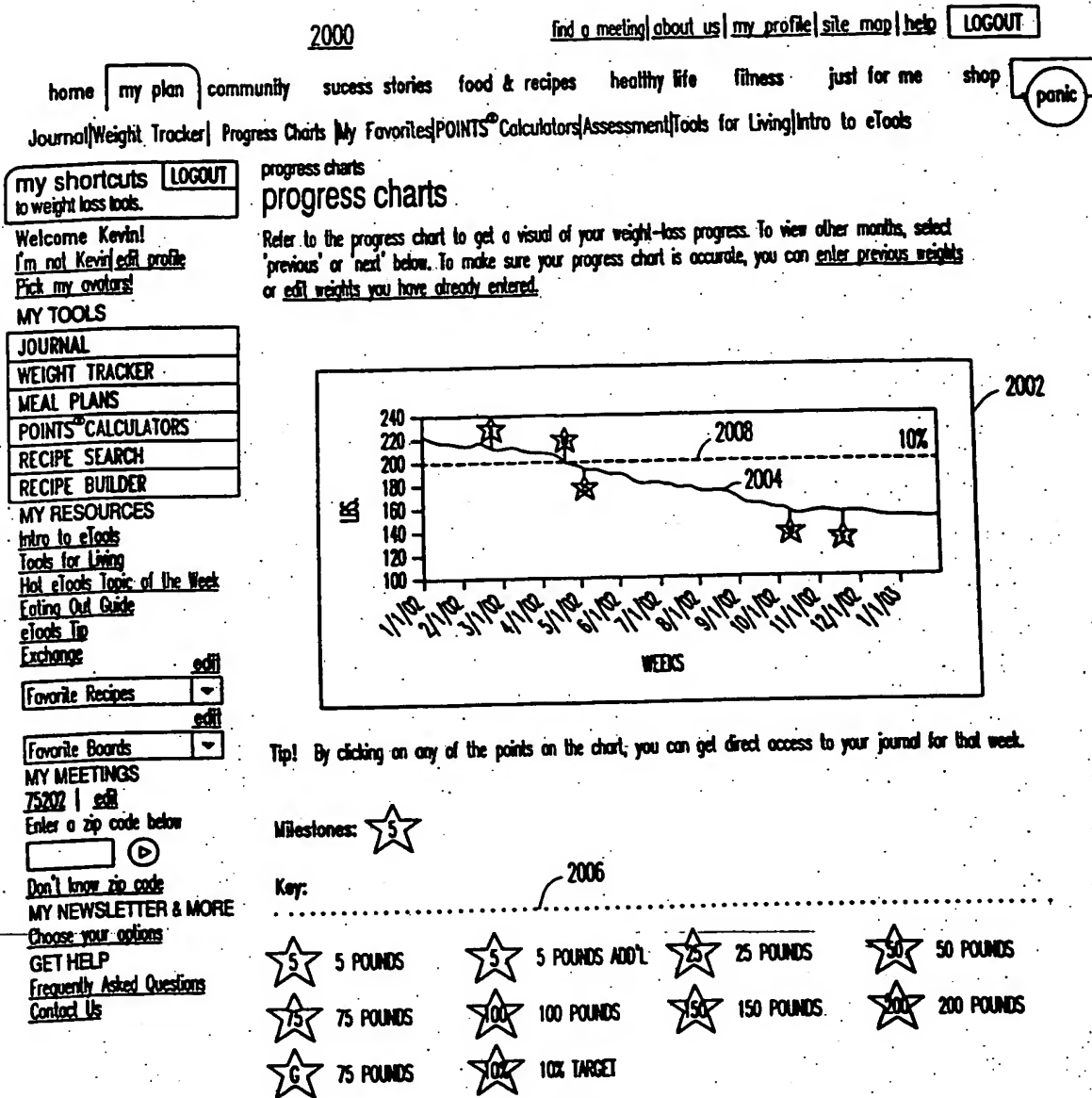


FIG. 20

2100

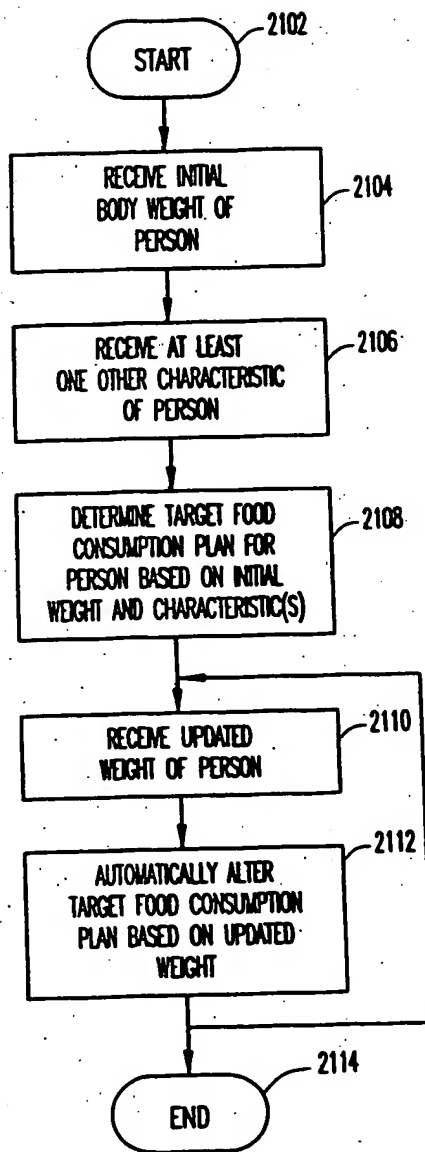


FIG. 21

2200

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826 **panic**

my shortcuts

LOGOUT

to weight loss tools.

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75202 | [edit](#)

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don't *panic!*

...we know how hard it can be.

Never trade what you want at the moment
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)

- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight loss.

- [find a meeting](#)

get help

Paniccing cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

2202

FIG. 22

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

find a meeting | about us | my profile | site map | help | LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living | Intro to eTools

my shortcuts to weight loss tools. **LOGOUT**

Welcome Kevin!
I'm not Kevin! [edit profile](#)
[Pick my avatars](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS® CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

75202 | [edit](#)

Enter a zip code below

[Don't know zip code](#)

[MY NEWSLETTER & MORE](#)

[Choose your options](#)

[GET HELP](#)

[Frequently Asked Questions](#)

[Contact Us](#)

my profile

edit public profile

Select another page in my profile

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

2304

make public

☒

☐

☒

☒

☒

☒

☐

☐

☒

2302

User name: John Smith

E-mail address: jsmith@workplace.com

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g. doctor, lawyer)

Astrological sign: Cancer

My home page: <http://www.workplace.com>

Astrological sign: Beam me up, Scottie

submit

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: 223 lbs

Current weight: 221 lbs

Weight goal: 150 lbs

2306

submit

Internet

FIG. 23

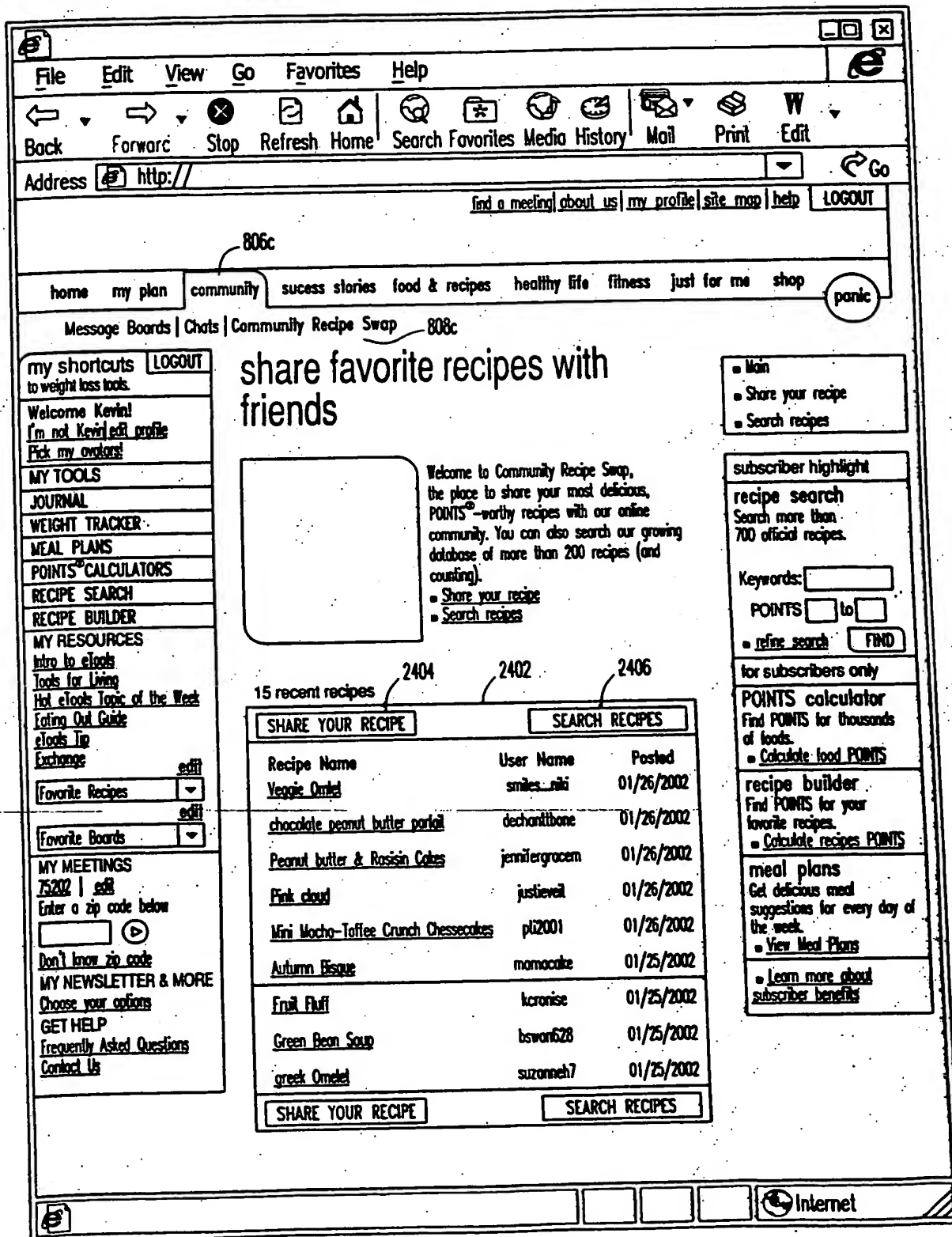


FIG. 24A

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows "http://".
- Navigation Links:** A row of links: "find a meeting", "about us", "my profile", "site map", "help", and a "LOGOUT" button.
- Site Menu:** A horizontal menu with links: "home", "my plan", "community" (highlighted), "success stories", "food & recipes", "healthy life", "fitness", "just for me", and "shop". A "panic" button is also present.
- Left Sidebar:**
 - my shortcuts:** "to weight loss tools.", "Welcome Kevin! (I'm not Kevin) edit profile", "Pick my orders!", "MY TOOLS", "JOURNAL", "WEIGHT TRACKER", "MEAL PLANS", "POINTS CALCULATORS", "RECIPE SEARCH", "RECIPE BUILDER", "MY RESOURCES", "Intro to eTools", "Tools for Living", "Hot eTools Topics of the Week", "Eating Out Guide", "eTools Tip", "Exchange", "Favorite Recipes", "Favorite Boards", "MY MEETINGS", "75202 | edit", "Enter a zip code below", "Don't know zip code", "MY NEWSLETTER & MORE", "Choose your options", "GET HELP", "Frequently Asked Questions", "Contact Us".
- Main Content Area:**
 - community recipe swap** (labeled 806c)
 - share your recipe** (labeled 808c)
 - Share your recipe form:**
 - Recipe Title: (labeled 2408)
 - From the Kitchen at: (labeled 2410)
 - Meal Course: (labeled 2412)
 - Number of Servings: (labeled 2414)
 - Estimated POINTS per serving: (labeled 2416)
 - Ingredients: (labeled 2418)
 - Instructions: (labeled 2420)
 - Special Notes: (labeled 2422)
 - Important Note:** "Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click 'Submit'. Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS?"
 - Important Disclaimer:** "IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines."
 - Buttons:** "RESET" and "SUBMIT" (labeled 2424).
- Right Sidebar:** A box with links: "Main", "Share your recipe", and "Search recipes".
- Footer:** A status bar showing "Internet" and a small icon.

FIG. 24B

2400c

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

home my plan **community** success stories food & recipes healthy life fitness just for me shop

Message Boards Chats Community Recipe Swap

my shortcuts [LOGOUT](#)

Welcome Kevin!
[I'm not Kevin](#) [edit profile](#)
[Pick my avatar!](#)

MY TOOLS

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[Eating Out Guide](#)

[eToots Tip](#)

[Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

7/5/2002 [edit](#)

Enter a zip code below

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

community recipe swap

share your recipe

Browse or search more than 2000 user-recommended recipes below.

browse recipes [All](#) [FIND](#)

search Search by: ☒ recipe name ☐ user name

Enter Name: [FIND](#)

refine search

Search for any combination of categories below. The more options you choose, the more refined your search will become.

Estimated POINTS®

Range: to

Meal Course

☐ Beverages ☐ Light Meals ☐ Side Dishes

☐ Breakfast ☐ Main Meals ☐ Snacks

☐ Cakes ☐ Sandwiches ☐ Soups

☐ Desserts ☐ Sauces

Posting Date

Search for recipes posted in the last [All Dates](#)

[FIND](#)

Main

Share your recipe

Search recipes

subscriber highlight

recipe search

Find what you're craving

Search more than 700 official recipes.

[Go to Recipe Search](#)

[Learn more about subscriber benefits](#)

for subscribers only

POINTS calculator

Find POINTS for thousands of foods.

[Calculate food POINTS](#)

recipe builder

Find POINTS for your favorite recipes.

[Calculate recipes POINTS](#)

meal plans

Get delicious meal suggestions for every day of the week.

[View Meal Plans](#)

[Learn more about subscriber benefits](#)

Internet

FIG. 24C